

Empty Bowls Sale



More than 1,000 bowls starting at \$10 made by local artists

Friday, May 3
4-8pm

The Dining Room
270 W 8th Ave Eugene

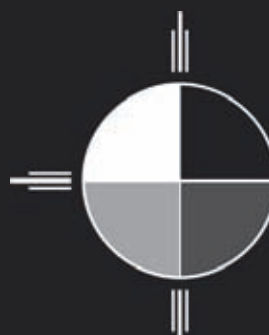
a benefit for





NEW LOCATION!
Across from the WOW Hall

CLAY SPACE **KVAL 13** **OREGON GLASS CIRCLE** **NeuroSpine Institute**



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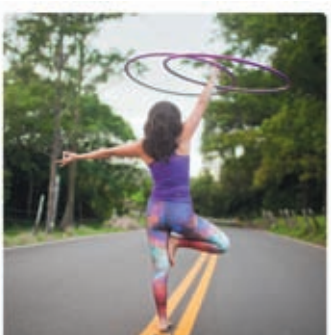
Browse our website or call if you have any questions!
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A NEW DIRECTION FOR FUN HEALTH & WELLNESS



Beginner Hoop Dance Class

Our beginner Hoop Dance Class, a fun adventure!

Here you can explore foundational techniques to hoop dance. Have fun through empowered exercise, learn core movement, and embrace your inner dance!

Saturdays, 1-2pm May 4, 11, 18 & 25

4 class series \$40 / Members, \$48 / Potential Members
Single class drop-in \$12 / Members, \$14 / Potential Members

Space is limited, so please sign-up in advance. Hoops will be provided. 15 years and older, please.

Intermediate Hoop Dance

Take your Hooping Skills to the next level with Intermediate Hoop Dance

This intermediate series will dive deeper in, focusing on transitions, off body movements, and endless combinations to embrace your flow.

Fridays, 7-8pm May 3, 10, 17 & 24

4 class series \$40 / Members, \$48 / Potential Members

Space is limited, so please sign-up in advance. Hoops will be provided. 15 years and older, please.

EUGENE FAMILY YMCA
2055 Patterson Street, Eugene OR 97405
P 541 686 9622 W eugeneymca.org



PROM PALOOZA KICKS OFF AT DANDELIONS FLOWERS & GIFTS ON MONDAY

Book of Exodus, 6pm, downtown library, info at 682-5450. FREE.

Mid-Valley Willamette Writers: Eric Olsen, "Pumping Iron: The Pros on Prose (& Running)", 7pm, Tsunami Books, 2585 Willamette St. \$10 sug. donat., mem. FREE.

OUTDOORS/RECREATION

Mahjong for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Native Plant Society Field Trip to Wild Iris Ridge City Park, 1-4pm, meet at Lowe's, 11th & Bailey Hill Rd., info at 345-5531.

Gentle Yoga, 5:30-6:30pm, Trauma Healing Project, 2222 Coburg Rd., STE 300, 687-9447. Donat.

Team Run Eugene adult track workout group, 6pm, ATA Track, 24th & Fillmore St. FREE.

Contact Juggling, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

Drop-in Kayaking, bring equipment, no instruction provided, ages 12 & up, 8-10pm, Echo Hollow Pool, 1655 Echo Hollow Rd. \$5

Hot Mamma's Club, 8:15pm, All That! Dance Company, 855 W. 1st Ave., info at 688-1523 or allthatdance@hotmail.com \$10.

Aqua Yoga continues. See Thursday, April 25.

Prenatal Yoga continues. See Thursday, April 25.

Walk with Us continues. See Thursday, April 25.

Pool Hall continues. See Thursday, April 25.

SOCIAL DANCE Yoga Dance Party & vegetarian dinner, 7pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., RSVP at yoginimatrix@gmail.com \$8.

SPIRITUAL Reiki Tummo Healing Clinic, 5:30-7:30pm, 1340 W.

17th Ave., call 914-0431 for appt. Donat.

Zen West meditation group, bringing practice home, beginners welcome, 7:30-9pm, Unitarian Universalist Church of Eugene, 1685 W. 13th Ave, info at 543-5344 or zenwesteugene@gmail.com Donat.

THEATER *The Cleaning Man* continues. See Friday.

The Importance of Being Earnest continues. See Friday.

The Secret Garden continues. See Friday.

VOLUNTEER Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm, end of N. Jefferson St., 682-5025.

CORVALLIS AND SURROUNDING AREAS

THURSDAY, APRIL 25: "The A, B, C, & D of Medicare Seminar," 1pm, Corvallis Senior Center, 2601 N.W. Tyler Ave., info & pre-reg. at 766-6959. FREE w/gold pass.

FRIDAY, APRIL 26: *5 Broken Cameras*, film about non-violent resistance in Bil'in, Unitarian Universalist Fellowship, 2945 N.W. Circle Blvd., info at newlin@peak.org \$6 sug. donat.

Frida, un Retablo, play about Frida Kahlo's life, 7pm, Withycombe Hall, 30th & Campus Way, info at http://bit.ly/10HRWm7

SATURDAY, APRIL 27: Albany Farmers Market, 9am-1pm, 4th & Ellsworth St., Albany, info at 740-1542.

Corvallis Farmers Market, 9am-1pm today & Wednesday, 1st & Jackson St., info at 740-1542.

TUESDAY, APRIL 30: Leah Bolger, veteran & activist, Lecture for World Peace, 7:30pm, LaSells Stewart Center, OSU Campus. FREE.

WEDNESDAY, MAY 1: Kathleen Dean Moore & Rachelle McCabe collaborate to explore music & words, 7pm, Corvallis-Benton County Public Library, 645 N.W. Monroe Ave. FREE.

Corvallis Farmers Market continues. See Saturday.

ATTENTION OPPORTUNITIES

Dirty Dash has set up a Promo code "Boston" for anyone who registers between now & the end of the month to have \$5 go towards the Boston marathon relief fund, more info at thedirtydash.com/race.i?raceid=42&t=Oregon

Eugene's Favorite Mom contest, now through May 8th, Dandelions Flowers & Gifts. www.eugenefavoritemom.com. 485-1261.

The Junction City/Harrisburg/Monroe Habitat for Humanity is looking for families interested in partnering with Habitat to build simple, decent affordable housing. Interested families should attend one the following informational meetings: Tuesday, April 23, 7pm, at the Junction City Fire Hall, 1755 Juniper Street in Junction City; Thursday, April 25, 7pm, at the United Methodist Church, 710 Smith Street in Harrisburg, or Sunday, April 28, 2pm, at the Monroe Fire Hall, 680 Commercial Street in Monroe

Maude Kerns Art Center call to artists: seeking submissions for Art For Your Garden at 30th Annual Art & the Vineyard Festival in July. Submission deadline Friday, April 26, info at 345-1571.

Springfield Public Library is sponsoring Screen-Free week: Pledge to turn off your TV & computer games, or limit your screen time all week & receive a free book. Visit the library, April 29-May 4, to pick up your Screen Free Pledge Card.

UO Outdoor Program's Outdoor Media Contest deadline is Friday, April 26. Photographers from around Eugene who have great outdoor photos are encouraged to submit. Info at 346-4365. FREE.



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20% OFF